

# Healthy Daily ROUTINE

## to get you out of a rut

6:00 am wake up  
6:05 am drink water (& do that throughout the day)  
6:30 am move for 30 minutes, preferably outside (sweat!)  
7:10 am plan the day and get ready  
8:10 am work towards a goal (new project/learn smth new)  
9:00 am stand up and stretch/walk to take a break  
9:10-10:30 am work  
10:30 am smoothie (healthy breakfast)  
10:45 am – 1:00 pm work (with a 10-minute walking break at 11:45)  
1:00 pm-2:00 pm lunch break – have a salad with hummus  
(including around 15 min walking)  
2:10-6:00 pm work (include 3x 10-minute walking breaks)  
6:30 – 7:45 pm cook and eat dinner with family/friends (prep meals for tomorrow)  
7:45 – 8:45 pm walk with family/friends  
8:45 – 9:45 pm relax (read, stretching, skincare)  
10:00 pm go to bed



# Make A Life Routine

**Robert R. Redfield**



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